



# Indian Coconut Chicken Curry

with Garlic Rice & Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Cauliflower



Carrot



Chicken Breast



Greek-Style Yoghurt



Mumbai Spice Blend



Tomato Paste



Coconut Milk



Baby Spinach Leaves



Coriander



Chicken Breast

Hands-on: **30-40 mins**  
 Ready in: **35-45 mins**

Eat Me Early

Rich, creamy and aromatic – this mild curry has all the elements that make Indian food so appealing. Packed with flavour, it comes together fast for a mouth-watering meal that the troops will love!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Soy Sauce

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	40g	80g
basmati rice	1 packet	1 packet
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
cauliflower	1 portion (200g)	1 portion (400g)
carrot	1	2
chicken breast	1 packet	1 packet
Greek-style yoghurt	½ medium packet	1 medium packet
Mumbai spice blend	1 sachet	2 sachets
tomato paste	½ packet	1 packet
coconut milk	1 tin (165ml)	1 tin (400ml)
water* (for the curry)	½ cup	1 cup
soy sauce*	1 tsp	2 tsp
baby spinach leaves	1 packet (30g)	1 packet (60g)
coriander	1 bag	1 bag
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3563kJ (852Cal)	603kJ (144Cal)
Protein (g)	45.4g	7.7g
Fat, total (g)	38.5g	6.5g
- saturated (g)	24.7g	4.2g
Carbohydrate (g)	79g	13.4g
- sugars (g)	10.4g	1.8g
Sodium (mg)	954mg	161mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4340kJ (1037Cal)	574kJ (137Cal)
Protein (g)	78.1g	10.3g
Fat, total (g)	44.2g	5.8g
- saturated (g)	26.4g	3.5g
Carbohydrate (g)	79.8g	10.6g
- sugars (g)	11g	1.5g
Sodium (mg)	1085mg	144mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2022 | CW07



## Cook the garlic rice

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic**. In a medium saucepan, melt 1/2 the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and the **salt** and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.



## Cook the chicken

Return the frying pan to a high heat with a drizzle of **olive oil**. When the oil is hot, cook the **chicken**, tossing occasionally, until browned and cooked through, **5-6 minutes**. Transfer to a bowl.

## CUSTOM RECIPE

If you've ordered double the chicken, cook the chicken in batches for the best results.



## Roast the veggies

While the rice is cooking, cut the **cauliflower** into small florets. Slice the **carrot** into thick rounds. Place the **cauliflower** and **carrot** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **15-20 minutes**.



## Cook the curry

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **Mumbai spice blend** and **tomato paste** (see ingredients) until fragrant, **1 minute**. Add the **coconut milk**, **water (for the curry)** and the **soy sauce**, then return the **chicken** to the pan and cook until slightly reduced, **3-4 minutes**. Remove from the heat, then add the **baby spinach leaves**, **roasted veggies** and remaining **butter**. Stir to combine and season to taste.



## Get prepped

While the veggies are roasting, cut the **chicken breast** into 2cm strips. Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the remaining **garlic** until fragrant, **1 minute**. Transfer the **garlic oil mixture** to a small bowl, then add the **Greek-style yoghurt** (see ingredients) and stir to combine. Set aside.



## Serve up

Roughly chop the **coriander**. Divide the garlic rice between bowls. Top with the Indian coconut chicken curry and garlic yoghurt. Garnish with the coriander to serve.

## Enjoy!